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LISKEARD RURAL DISTRICT COUNCIL



The
ANNUAL REPORT
of the
Medical Officer of Health
for the Year 1963

P. J. FOX, M.B., B.Ch., B.A.O., D.P.H.



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RURAL DISTRICT OF LISKEARD
THE ANNUAL REPORT
of the MEDICAL OFFICER OF HEALTH
for the Year 1963.

To the Chairman and Members of the Rural District Council of Liskeard.
Mr. Chairman, Ladies and Gentlemen,

The estimated population of No. 7 Health Area showed a small increase of 570, and was 50,340 on 30th June, 1963. Apart from an increase of 460 in the Torpoint Urban District the changes in the other County Districts were insignificant.

The national trend of a rising birth-rate was evident in the Health Area where the corrected rate rose to 18.5 per 1,000 of population, the highest rate so far reached since I commenced to keep records in 1950. The excess of live births over deaths was 37, and amongst the 743 live births there were 40 illegitimate births which represents a percentage of 5.4 per cent of all live births. This is a slight improvement on the 1962 figure of 5.6 per cent and is below the figure of 6.9 per cent for England and Wales in 1963. The stillbirth rate of 14.6 per 1,000 total births is the lowest so far recorded in the Health Area and is below the national rate of 17.3. The infant mortality rate at 13.5 per 1,000 live births is also the lowest so far recorded and compares favourably with the national figure of 20.9. Of the 10 infants who died during 1963, no less than 6 failed to survive the first critical week of life.

During 1963, the number of deaths registered was 706, a very slight decrease of the 1962 total of 710. The corrected death rate of 12.3 per 1,000 of population was only marginally above the national rate of 12.2. The principal causes of death remained in the same order of frequency as in previous years. Heart disease was again the most prevalent cause of death, followed by cancer, strokes and respiratory disease in that order. That much-publicised cause of sudden death—coronary heart disease—was responsible for 123 deaths, rather more than the 110 deaths it caused in 1962. Of the defined forms of cancer that affecting the stomach caused 21 deaths, and was closely followed by cancer of the lung and bronchus which caused 20 deaths. In these 20 deaths the usual disparity between males and females continued—the mortality rate amongst males being almost six times that of females from this particular cancer. Breast cancer caused 15 deaths—a small reduction on the 1962 figure of 18—but still quite high. If one paused to consider that this form of cancer is for all practical purposes confined to approximately half the total population i.e. the female, the incidence in terms of people at risk is on a par with or may even exceed that of more notorious cancers such as that affecting the lung and windpipe. Indeed, the most recent report of the South Western Regional Cancer Records Bureau shows a very small difference in the incidence of lung cancer in men, and breast cancer in women. It is, however, worth remembering also that many breast cancers can be, and are, brought under effective treatment at an early stage with very much improved prospects of cure than is the case with lung cancer. This is borne out by the fact that whereas the 5-year survival rate in breast cancer is currently about 42 per cent, that in lung cancer is no more than 4 per cent. This means that lung cancer is a very much more virulent type of cancer, a fact which should underline and add weight to the warnings which have been given in recent years about the strong link between excessive consumption of cigarettes and deaths from this form of cancer.

During 1963 the total number of cases of notifiable diseases notified was 685. Although greater than the total of 459 for the previous year, the incidence of this form of disease can still be regarded as moderate. Measles which was prevalent in the St. Germans and Liskeard Rural Districts, and in Saltash Borough was responsible for the great bulk of the

notifications received. There was a small outbreak of Sonne dysentery in the Torpoint Urban District towards the end of the year. This is a mild form of dysentery characterised by abdominal pain and diarrhoea. Because the disease is mild it is likely that many cases do not seek medical advice and treatment, and are not aware that they may be sources of infection to others in the home, at school or at their place of work. Attention to personal hygiene, with special emphasis on washing of hands after visiting the toilet, would do much to limit the spread of this disease.

Of the more serious infectious diseases there was one case of meningitis and two cases of encephalitis, the latter occurring as complications of influenza, and of German measles. There were no deaths from notifiable disease during 1963.

I am glad to be able to report a fall in the prevalence of tuberculosis during the year when 11 cases in all were notified. This is a considerable reduction on the 1962 total of 28 cases, and it is in fact the lowest incidence recorded in the Health Area in the sixteen years I have been working in this part of Cornwall. Of the 11 new cases, 5 were non-respiratory infections, a rather higher proportion than one expects for this form of the disease, which also unusually affected more females than males in the ratio of 7 to 4. The trend in recent years for new tuberculous infections to be found in that section of the population aged 45 years and upwards was not so noticeable in 1963, although 5 of the 11 new infections were found in the 45-64 year age group. Whilst it is encouraging to be able to report this fall in new infections I am sure that we cannot jump to any hasty conclusion that tuberculosis as a disease is something which we can cease to worry about. Looking back over the incidence in the past sixteen years one is reminded of the fact that a year of low morbidity such as we experienced in 1963 can, for no apparent reason, be followed by an increase in the amount of tuberculosis infection coming to light. I do feel that the incidence will in future years fall away to lower levels, but this decline will not be rapid or spectacular, and may well be interrupted from time to time by temporary upward trends in the prevalence of this disease. During the year one death only was attributed to tuberculosis. The case involved was a 77-year-old man in whom I feel certain heart disease played a very large contributory part.

An increasing amount of the time and resources of welfare services and social agencies is nowadays directed to the care of elderly people. It is known that an increasing proportion of the community is composed of people aged 65 and over, but it is only when a census is taken that the opportunity to precisely measure this figure presents itself. The detailed findings of the census taken towards the end of April, 1961, are now to hand and can be compared with corresponding figures for the 1951 census. As far as persons aged 65 years and over are concerned the number in the six County Districts in the Health Area increased from 7,339 in 1951 to 7,982 in 1961. If these totals are viewed in their relation to the total population it emerges that whereas in 1951 elderly people formed 13.9 per cent of the population, this proportion had risen to 16.4 per cent by 1961. This finding gives emphasis to the need to make special provision in various directions for the care and welfare of the older section of the community—whether by way of specially designed dwellings where they can continue to live happy, independent lives, or by provision of more places in homes for those no longer able to care adequately for themselves, by organisation of ancillary services such as meals on wheels, chiropody, home visiting and the formation of local committess and organisations to meet and serve the special needs of old people. All these special provisions have been and are being made in this Health Area and plans to increase and broaden their scope in the future are in hand at both District and County Council levels. There are still some old people who, living under unsatisfactory conditions, resist or reject efforts to improve their lot, but these are in the minority, and most are willing, even anxious, to avail themselves of help.

With very few exceptions the population in south-east Cornwall is now very well served by piped water supplies of good quality and generally adequate in quantity. Improvements in the distribution system have provided more dependable supplies in districts which heretofore suffered from curtailment of supplies when the summer influx of visitors overtaxed local distribution systems. The stage has now been reached when, with a steadily increasing demand for water, the existing supply sources are being used to the limit, and further improvements and extension of supplies will depend on the exploration of new sources.

Progress continues to be made in providing modern methods of sewerage and sewage disposal, particularly to some of the larger villages and hamlets in the St. Germans and Liskeard Rural Districts. The slow progress towards the final approval of a scheme for the Borough of Liskeard continued, but I feel confident that we are at last within sight of actual work commencing on this large and important project.

The Urban District Council at Looe is again examining various methods of dealing effectively with the pollution of the river and the foreshore by crude sewage, and I hope that, being aware of the serious and thoroughly unsatisfactory nature of the present state of affairs, the Council will decide to take appropriate measures to abate this long-standing nuisance in the not too distant future.

With higher standards of living there has been a gradual increase in the volume of household and trade refuse which has to be collected and disposed of by District Councils. It is in the latter aspect of this service—refuse disposal—that problems are looming ahead. As existing tips become filled, it is becoming increasingly difficult, even in lightly populated parts of the Rural Districts, to find new sites suitable for refuse disposal. If one adds to this a more critical attitude on the part of the public to the use and control of refuse tips, the difficulty and expense of securing and transporting suitable covering material for use on the tip, and difficulties in obtaining sufficient and suitable men to work at this not very pleasant task, then something of the nature of the problem may be apprehended. My own feeling is that at present we are not spending enough on this essential service to make it as efficient and free of nuisance as sometimes happens when local resources fail to measure up to the task in hand. Indeed there may be some case for collaboration between neighbouring County Districts particularly in the utilisation and operation of refuse tipping sites. Certainly, if and when more elaborate and costly methods for disposal of refuse have to be used, e.g. the composting system, the capital cost and operational costs of such methods are likely to be too high for a single District Council to bear.

With the gradual growth of proper methods of sewage disposal the disposal of sludge from sewage treatment works is showing up as something of a problem and is one which is bound to increase as new schemes are completed, and the amount of sludge to be disposed of increases. This material, although of considerable value as a type of organic fertiliser to landowners, is not pleasant to handle and does carry with it some risk of introducing disease into land. In consequence farmers and others who might make use of it are not very keen to collect and use it. This is an additional reason for considering the composting system which, by using certain elements of household refuse together with sewage sludge, can produce a compost which is of value to and is readily accepted by those in agriculture and horticulture.

In concluding this general preface I should like to express to Members and Officers of all the District Councils in No. 7 Health Area my gratitude for the help and understanding I have received from them during the year.

I have the honour to be,

Mr. Chairman, Ladies and Gentlemen,

Your obedient Servant,

P. J. FOX

Medical Officer of Health

RURAL DISTRICT OF LISKEARD

Public Health Committee

Councillor W. R. Luffman, Chairman
 Councillor J. W. J. Pearse, Vice-Chairman

Housing Committee

Councillor J. Olliver, Chairman
 Councillor D. L. Richards, Vice-Chairman

Health Officers of the Authority

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 Health Area Office, West Street, Liskeard. Telephone Liskeard 3373
 G. Rogers, M.R.S.H., F.A.P.H.I.
 Chief Public Health Inspector and Surveyor.
 G. M. Lawry, M.A.P.H.I., A.O.Hsg., Mun.B.I.;
 Deputy Public Health and Building Inspector
 G. O. Cowling, Assistant Surveyor
 Council Offices, Luxstowe House, Liskeard. Telephone Liskeard 2379

| | |
|---|---------------|
| Area of Rural District | 104,803 acres |
| Population (Registrar-General's Estimate) | 13,420 |
| Number of Inhabited Houses | 4,791 |
| Rateable Value | £254,002 |
| Product of Penny Rate | £989-11-7 |

VITAL STASTISTICS FOR 1963

| | Male | Female | Total |
|---|---------------|-------------------|-----------------|
| Live Births | 101 | 99 | 200 |
| | Liskeard R.D. | Health Area No. 7 | England & Wales |
| Birth Rate per 1,000 of population | 17.9 | 18.5 | 18.2 |
| Still births | 1 | 2 | 3 |
| | Liskeard R.D. | Health Area No. 7 | England & Wales |
| Still birth rate per 1,000 total births | 14.8 | 14.6 | 17.3 |
| Deaths | 89 | 90 | 179 |
| | Liskeard R.D. | Health Area No. 7 | England & Wales |
| Death rate per 1,000 of population | 11.4 | 12.3 | 12.2 |
| Death of Infants under one year of age | — | 3 | 3 |
| | Liskeard R.D. | Health Area No. 7 | England & Wales |
| Infant mortality rate per 1,000 live births | 15.0 | 13.5 | 20.9 |

Principal Causes of Death at all Ages

| | |
|------------------------|----|
| Heart Disease | 76 |
| Cancer (all sites) | 30 |
| Stroke | 20 |
| Respiratory disease | 20 |
| Circulatory disease | 6 |
| Genito-urinary disease | 4 |

There is little in the above figures that calls for special comment. The principal causes of death remain in the same order as seen for many years past. Of the defined forms of cancer those affecting the stomach and the lung and bronchus were most prevalent. Cancer was responsible for about 17 per cent of the total deaths, a percentage slightly below the national figure. Of those who died during the year 46 per cent had reached or exceeded the age of 75 years at the time of death.

Infectious Disease

The incidence of this type of disease was moderate during 1963 largely because small outbreaks of measles which accounted for 192 out of the total of 207 cases notified. The prevalence of other types of infectious disease was correspondingly light. No case of the more serious forms of infectious disease was notified during the year. There were no deaths from infectious disease during 1963 :—

The following are details of cases and case rates during 1963 :—

| Disease | Cases | Liskeard R.D. | | Health Area No. 7 |
|-----------------------|-------|------------------------------|-----------------------------|-------------------|
| | | Rate per 1,000 of population | Rate per 1,000 total births | |
| Measles | 192 | 14.30 | 9.85 | 11.58 |
| Pneumonia | 8 | 0.60 | 3.98 | 0.79 |
| Scarlet Fever | 1 | 0.07 | | 0.02 |
| Sonne dysentery | 1 | 0.07 | | 0.58 |
| Encephalitis | 1 | 0.07 | | 0.04 |
| Puerperal pyrexia | 2 | | Rate per 1,000 live births | |
| Ophthalmia neonatorum | 2 | 10.00 | | 2.69 |

Tuberculosis.

There was a reduction in the number of new cases of tuberculosis notified during 1963 as compared with the previous year. Two cases only were notified as compared with five cases in 1962. Of these two cases one was a respiratory infection and one a non-respiratory infection. There were no deaths from tuberculosis during the year.

The following are details of new cases and case rates during 1963 :

| | | |
|-------------|---|---|
| 0—4 | — | — |
| 5—14 | — | — |
| 15—24 | — | — |
| 25—44 | — | — |
| 45—64 | 1 | 1 |
| 65 and over | — | — |
| | — | — |
| | 1 | 1 |
| | — | — |

National Assistance Act, 1948

No action under Section 47 of this Act was called for during 1963.

Water Supply

For the great bulk of the population piped supplies of wholesome water are available. There is every prospect that by mid-1964 a piped supply will have been brought into the village of Golberdon, but for the hamlet of Doddycross lying to the south-east of Menheniot the likelihood of a piped water supply being provided still seems remote and is dependent on larger distribution mains being laid in that part of the Rural District.

Sewerage and Sewage Disposal.

The Council's progressive policy of bringing this amenity to all parts of the District continued during 1963 when schemes at Pensilva, Common Moor, Minions, Crows Nest and East Taphouse were brought into operation. This raises the number of villages and hamlets provided with satisfactory means of dealing with sewage to nineteen, and when taken in conjunction with widespread provision of water and electricity supplies effectively disposes of the notion that people who are required to or elect to live in rural surroundings must bear with primitive living conditions.

Food.

The general standard of hygiene in food premises was satisfactory during the year. As the Chief Public Health Inspector notes in his report a source of some anxiety arises each year from the influx of casual, untrained workers who come into the catering industry at the start of each summer season. Apart from the fact that it is not practicable to instruct these employees in sound habits and methods of food handling, the casual and seasonal nature of their employment means that they are the sort of people who are not interested in acquiring and practising good, hygienic habits in handling food. In spite of the obvious hazards inherent in such a situation, no cases or outbreaks of food poisoning came to light during the year.

Factories Act, 1961.

No difficulties in the operation of this Act were encountered during 1963.

Report of the Chief Public Health Inspector.

This report by Mr. G. Rogers follows. I should like to put on record my gratitude to Mr. Rogers, to Mr. G. M. Lawry, and to Mr. G. O. Cowling for the help and co-operation they have given me during the year.

REPORT OF THE CHIEF PUBLIC HEALTH INSPECTOR

(a) Water Supply.

The District Council is of course no longer responsible for mains water in the area, but concern has been expressed many times regarding the lack of sufficient and wholesome supply for the villages of Golberdon in the Parish of South Hill and Doddycross in the Parish of Menheniot. Progress has been made in connection with a mains supply for the former the Water Board having decided to lay a main from a reservoir above the village of Maders to Golberdon and Egypt. This work will be put in hand during the summer of 1964.

(1) Quality.

No progress can be reported in connection with the village of Doddycross, where the supply is from a well adjoining the public highway and is subject to pollution. Householders are advised to boil water from this source before using it for drinking purposes.

The Water Board takes samples at regular intervals of raw and treated water and these are examined chemically and bacteriologically. In every sample the water after treatment was found to be free from contamination. Private sources are generally suspect for even if a single sample is found to be satisfactory it may well be that on other occasions the water is polluted. Many samples of private supplies were taken during the year and analysed. The results are shown below:—

1. Broadoak.

Shallow well. Tap, Tallow Water Cottage, Braddock (Mrs. Rowe). Bacteriological Examination, satisfactory, 8/7/63.

Shallow well. Pump. Braddock Rectory. 1/3/63.

Bacteriological Examination, unsatisfactory.

Land springs. Direct from spring chamber. Penventon, Boconnoc. Bacteriological Examination, satisfactory, 1/3/63.

Land springs. Tap, Braddock Rectory, 28/2/63.

Bacteriological Examination, satisfactory.

2. Liskeard.

Shallow well. Direct from dip well, Penhale, Dobwalls.
Bacteriological Examination, unsatisfactory, 10/9/63.

3. Menheniot.

Shallow well. Direct from well, Tregrill, Menheniot.
Bacteriological Examination, unsatisfactory, 11/6/63.
Doddycross Village, Menheniot. Village well.
Bacteriological Examination, unsatisfactory, 24/8/63.
Bore. Tap. Factory at Cartuther, Liskeard.
Bacteriological Examination, satisfactory, 4/4/63.

4. South Hill.

Shute. Lower public shute, Golberdon.
Bacteriological Examination, unsatisfactory, 10/9/63.
Trenavin, South Hill.
Bacteriological Examination, unsatisfactory, 24/8/63.

5. St. Cleer.

Shallow well. Direct from well. Harrow Bridge, Common Moor (Mr. Clark).
Bacteriological Examination, satisfactory, 26/10/63.
Shallow well. Direct from well. Harrow Bridge, Common Moor (Mr. Clark). Bacteriological Examination, suspicious, 14/9/63.
Land springs. Direct from spring collection chamber. Wimbleford, Common Moor.
Bacteriological Examination, satisfactory, 15/2/63.

6. St. Keyne.

Bore. Tap, Lungrwa, St. Keyne (Mr. Stewart.)
Bacteriological Examination, unsatisfactory, 10/9/63.
Bore from Tap Lungrwa, St. Keyne (Mr. R. Stewart)
Bacteriological Examination, satisfactory, 28/9/63.

7. St. Neot.

Land springs. Direct from spring. Lestow, St. Neot (Mr. Arthur). Bacteriological Examination, satisfactory, 13/9/63.
Land springs. Direct from reservoir, Lestow, St. Neot (Mr. Arthur). Bacteriological Examination. Unsatisfactory.
Land spring. Direct from spring. Dozmary Hill, St. Neot (Mr. Keast). Bacteriological Examination. Satisfactory. 28/6/63.
Land springs. Spring Chamber. Northwood, St. Neot. Bacteriological Examination Satisfactory. 11/3/63.
Land spring. Slate tank Reservoir. Northwood, St. Neot. Bacteriological Examination Satisfactory. 8/3/63.

8. St. Winnow

Bore. Direct from concrete reservoir. Tawell Farm, St. Winnow.
Bacteriological Examination. Satisfactory. 26/7/63.

9. Warleggan.

Shallow Well. Tap. White Walls, Warleggan (H. A. Jackson).
Bacteriological Examination. Satisfactory. 6/8/63.

10. Morval.

Shallow Well. Tap oevr sink, Bindown Gaps, Widefates. Bacteriological Examination. Satisfactory. 6/5/63.

(II) Quantity.

Almost the whole of the villages and hamlets in this District are served by mains water from the mains of the East Cornwall Water Board. During 1963 there were no reports of water shortages in any part of the district. In the summer of 1962 there was a shortage in the region of Killigarth, Polperro, but the summer of 1963 was a wet one which resulted in a diminished draw off from the mains. The Water Board has agreed to install an electrically operated booster which when installed will push a greater volume through the mains from the direction of Pelynt. This, I believe will solve the immediate problem.

(b) As referred to in (a) (I) above, the Water Board takes samples of raw water and treated water. It is understood from the Board that the results of the chemical and bacteriological examinations were entirely satisfactory.

Fluoridation of the mains water in this Rural District is not carried out.

(c) Most sources of water in this District are plumbosolvent but in the case of mains water, it is softened at the water works so that action on metal pipes and fittings is very slight. Hardly any lead is now used in this locality for water piping and no case of lead poisoning has been reported during the year.

(d). No contamination of mains water has occurred in 1963 and in the case of private supplies, if pollution is found in any sample, the owner is advised either to instal a household filter or boil the water before using it for drinking purposes.

(e) Number of dwellings and population supplied from public mains:—

Parishes with one or more villages having a piped supply:—

| Parish | Population of Parish | Population supplied to hses. | No. of houses | Population supplied by standpipes | No. of hses. |
|-------------|----------------------|------------------------------|---------------|-----------------------------------|--------------|
| Boconnoc | 179 | 90 | 30 | Nil | — |
| Broadoak | 218 | 100 | 33 | Nil | — |
| Duloe | 552 | 400 | 133 | Nil | — |
| Lanreath | 365 | 230 | 73 | Nil | — |
| Lansallos | 1449 | 1350 | 450 | Nil | — |
| Lanteglos | 1164 | 1200 | 400 | Nil | — |
| Linkinhorne | 1183 | 680 | 227 | Nil | — |
| Liskeard | 938 | 580 | 193 | Nil | — |
| Menheniot | 1038 | 350 | 116 | Nil | — |
| Morval | 509 | 80 | 27 | Nil | — |
| Pelynt | 442 | 260 | 87 | Nil | — |
| South Hill | 384 | 40 | 13 | Nil | — |
| St. Cleer | 1551 | 1100 | 370 | Nil | — |
| St. Ive | 1113 | 800 | 270 | Nil | — |
| St. Keyne | 122 | 80 | 27 | Nil | — |
| St. Martin | 407 | 230 | 73 | Nil | — |
| St. Neot | 882 | 300 | 100 | 20 | 7 |
| St. Pinnock | 314 | 100 | 33 | Nil | — |
| St. Veep | 314 | 220 | 73 | Nil | — |
| St. Winnow | 335 | 80 | 27 | Nil | — |
| Warleggan | 177 | 100 | 33 | Nil | — |

Sewerage.

Previous annual reports have referred to the Council's policy in respect of the provision of sewerage systems for the villages and hamlets within the district. Work in connection with this policy has actively proceeded in 1963 and systems together with disposal works were completed at Pensilva, Common Moor, Crows Nest, Minions and East Taphouse. All were in operation before the end of the year and from the results obtained there seemed to be little doubt that all were capable of producing a final effluent that would comply with the standard laid down by the Royal Commission on Sewage Purification.

In addition to the schemes referred to in the previous paragraph, the old disposal works at Pelynt, which had become completely inadequate, and, at times, were discharging a very unsatisfactory effluent, were replaced by modern works. Since their completion in July, the new works have consistently produced a satisfactory effluent.

During the winter, at periods of heavy rainfall, it was found that the sewerage system was carrying a large amount of surface water which tended to overload the works. An investigation revealed that the overflow from an old village shute was piped to the sewer. This was transferred to discharge into a stream, thereby obviating the possibility of flooding the works in the future.

During the month of June, it was possible to arrange a tour of the Council's Sewage Disposal Works and most Councillors availed themselves of the opportunity of seeing and learning something of the practical operation of these works. All expressed the opinion that the knowledge gained would be of benefit when sewage disposal problems were raised in the future.

Maintenance of the works is regularly carried out by the Council's staff and, at least two visits per week are made to each of them throughout the year. It was still possible to dispose of the dried sludge to farmers, and, in view of the great problems that would arise if this source of disposal should cease, it is sincerely hoped that they will continue to take it for a very long time. With this thought in mind however, it may well be that in future schemes, the Council may consider the incorporation of some form of activated sludge treatment in order to avoid the dried sludge problem.

Up to date the Council has satisfactorily seweraged a total of nineteen villages and hamlets. The scheme for the joint sewerage of the village of Upton Cross and Rilla Mill has progressed to an extent that work should be in hand by the middle of 1964. The Council has also considered the proposals in respect of Widegates, Trewidland, St. Keyne and Lerryn and it is hoped that these villages will enjoy the amenity of adequate sewerage systems in the not too distant future.

In the village of Menheniot, the Council decided to lay an extension to the sewer in order that two cottages could be provided with drainage systems

In the early part of the year, frequent chokages in a sewer branch under Polperro Harbour were encountered. When a section was uncovered, it was found that a faulty connection was responsible. This was replaced by a manhole and no further trouble was experienced for the year.

Public Conveniences.

The caretakers appointed have cleansed and generally maintained the various public conveniences in the district although by far the greatest problem was at Polperro where a great number of summer visitors throng the village streets. It is quite impossible in a village the size of Polperro to have an attendant in each toilet and for this reason it has been found difficult, at the height of the season, to ensure as high a standard of cleanliness as one would wish. Early each morning the toilets are cleansed and disinfected and a second visit is made a mid-day, but the standard of hygiene of a small number of visitors is such that seats, pans and even floors are often left in an unsanitary condition. Acting under Ministry directions the turnstiles which controlled the female section of the conveniences at Crumplehorne, Polperro and St. Saviour's Hill, Polruan were removed during 1963.

At the Warren the toilet block was rebuilt and modernised during the year and by this a "blot on the landscape" was removed. The new building is more easily cleansed, it has increased accommodation and the elevation is such that by the use of natural stone it fits in with the surrounding area.

The toilet block to serve the village of St. Cleer was completed in 1963 and has already proved of value, particularly to visitors.

At Pensilva the toilets were completed during the year and situated as they are in the centre of the village, serve a pressing need both for residents and visitors. Again the elevation has been designed with care and the building is quite a pleasing feature.

The toilets for Menheniot village are being erected in East Road, on a site opposite the playing field and will be completed early in 1964.

The Council decided to proceed further with this service and have acquired sites for public toilets at Pelynt and Lanreath. Plans for these are in hand.

It has also been decided to provide similar sanitary accommodation at Upton Cross and St. Neot but neither of these can be erected until public sewers have first been provided.

Refuse Collection.

This public service has continued to be operated throughout the year with a collection of refuse at Polperro and Polruan twice each week and practically all the remainder of the District once a week.

A few isolated groups of houses have a fortnightly or, fewer still, a monthly collection. The occupiers of more and more isolated farms and cottages are asking for refuse collection and the service has been extended so that a limit has been reached.

The many Holiday Camps in the District increase the population enormously and overtime to cope with the ever-increasing volume of house refuse has been inevitable. There is an idea of acquiring a larger type of refuse van with a compression system and if this comes about it will be of great value indeed.

As previously, refuse is disposed of by tipping at St. Cleer, Bury Down and Polperro, and at regular intervals bulldozers are employed to level the dumps, compress them and cover with soil which has been accumulated.

Fly control has been carried out during the summer and autumn and Rodent Control regularly throughout the year. Not one complaint of rat or fly infestation was received.

Litter.

More and more litter bins have been acquired and placed in all villages and in many lay-bys adjoining the highway where it is known the cars pull in. The County Highways Department assist in the matter of litter bins for use adjoining the public highway.

In general it can be said that the majority of visitors do use the bins if provided but there are still those who either ignore the receptacles completely or throw their litter in the general direction of the bin and hope for the best.

The creation of a litter problem by the dumping of disused motor car bodies does not cause great concern in this District and I know of only one attractive spot where a few of these car bodies have been dumped. There are at least two car breakers' yards in the district which may account for this kind of litter problem not being at all serious. The appearance of these car breaking yards is far from attractive but having been established for a number of years there is little the Council can do about them, except to see that they do not overspill on to highway verges.

Camping and Moveable Dwellings.

Camping and caravanning continue to appeal to a great number of people and during the height of the season most camps are filled to capacity.

Fourteen licenses were issued during 1963, ten of which were for single caravans and one for two caravans. A licence for 225 caravans was issued in respect of one camp but this merely made permanent one which was previously temporary.

In another case a licence was issued for 15 seasonal caravans and 40 motorised vans. This was possible because the owner gave up his rights to place 15 vans on another site and motorised vans were considered as being in another class.

All sites were inspected during the summer season and in general it can be said they were all well maintained. The provision of additional toilet blocks and service roads has greatly improved conditions on these sites. Complaints of muddy areas around caravans and queues at W.C.'s have not been made at any time during the year.

The summer of 1963 was not a "dry" one, so that the problems associated with "tenting" on unlicensed sites, using the 42-day exemption, were not very evident.

Again the weather had its effect on "way-side" camping and the number of tents seen in lay-bys and highway verges was very small.

Caravans are becoming larger and some types now cover as much space as a small bungalow. The definition of 'caravan' in the Caravan Sites and Control of Development Act, 1960, is a very loose one. It refers to a caravan as a structure for human habitation which is capable of being moved, either by towing or being transported on a vehicle. It is very clear that this definition should be amended so as to exclude from this group any structure which has to be moved in more than one section.

Rodent Control.

Routine Rodent Control work was efficiently carried out during 1963 by a rodent operator who spends only part of his time on this work. The three refuse dumps in use in the district were treated on several occasions and the rodent population was never allowed to increase to any great extent. Treatment has also been given at the several village sewerage disposal works as well as many sewers and branches. Rodent control at private dwelling houses is carried out without charge. Cost is, of course, recovered in the case of farm and other business premises.

F O O D

(1) Meat Inspection.

Slaughter Houses. As shown in previous annual reports there are no licensed slaughter houses within the Liskeard Rural District. Butchers in the District obtain their meat supplies chiefly from the abattoir in the Borough of Liskeard where all meat is subject to examination.

Inspections of butchers' shops are carried out from time to time to ensure that the premises, knives and utensils are kept in a clean condition.

One slaughterman's licence was issued in 1963 for use outside the District.

(2) Food Hygiene Regulations, 1960.

In a rural area with an extensive coastal fringe the administration of the Food Hygiene Regulations is a considerable task. The number and type of food premises in the Rural District are as follows :—

| | |
|--------------------------------|----|
| Butchers' Shops | 12 |
| Grocers' Shops | 60 |
| Cafes and Restaurant Kitchens | 30 |
| Hotel and Guest House Kitchens | 14 |
| Licensed Premises | 25 |
| Greengrocers' Shops | 2 |
| Bakehouses | 2 |
| Fish Shops | 1 |

The use of cafes, restaurants and hotels is seasonal and the labour employed in the kitchens is therefore mainly casual. There are often different persons employed each year and so that education of the staff in the basic principals of food hygiene is difficult. Nevertheless there have been no outbreaks of food poisoning notified and this in itself is an indication that a reasonable standard is being attained. Much work can be achieved in improving the structural conditions of food premises and in the provision of hygiene equipment and hand-washing facilities, yet one has still to rely on the human element in using these facilities.

Since the introduction of the Food Hygiene Regulations in 1955 considerable improvements have been made to the food premises in the Rural District. By persuasion it is often possible to obtain standards higher than the minimum statutory requirements. In one cafe kitchen during the year under review we were able to get the walls tiled, anti-condensation ceilings fixed and stainless steel sinks and wash hand-basins installed.

Plans were received during the year for the provision of two new licensed premises and following consultations with the architects we were able to ensure that the premises will be provided with all adequate glass-washing and storage facilities and that there will be a high standard of hygiene construction.

In the case of the village shop it is gratifying to note that practically all food is either canned or pre-packed. Even the bacon and ham slicer is disappearing and these products are purchased from the wholesalers already wrapped in various weights. The village shop has of necessity to sell a wide variety of products varying from potatoes to paraffin oil and it will be seen that there is a considerable advantage in having foodstuffs so protected.

Practically every village or hamlet, as well as many isolated houses are now being served by travelling shops. The extension of this type of business necessitates greater control from the food hygiene aspect and one hopes for amended food hygiene regulations to cover it.

In order to keep adequate control of food businesses I feel that all premises should have to be registered with the Local Authority.

(3) Examination of Foods.

When visiting food shops, food exposed for sale is examined. During the year a small number of canned foods was condemned but no major consignments of food had to be dealt with. I take the faulty tins and personally supervise their disposal.

Licensed Premises.

There are 25 licensed premises in the Rural District which are subject to periodic inspection. Considerable improvements have been made over the last few years and generally there is a good standard of hygiene. During the year one public house was completely re-modelled and provided with new sanitary accommodation for both men and women.

Milk and Dairies Regulations, 1959.

There are five registered dairies in use in the Rural District, one of which receives separated cream in bulk and scalds it in the dairy. This cream is being despatched to various parts of Devon and Cornwall. It is proposed during 1964 to commence regular sampling of the product.

(4) Ice Cream (Heat Treatment) Regulation, 1947-52.

Three new premises were registered during the year for the sale of ice cream, bringing the total number now on the register to 107. Most ice cream sold in the district is pre-packed and generally satisfy the methylene test for keeping quality.

During the summer of 1963 a total of 28 samples of ice cream were taken and tested and of these no less than 27 were in grades 1 and 2. This is an excellent result and credit must be given to manufacturers and retailers for reaching such a high standard and maintaining it.

(5) Diseases of Animals (Waste Foods) Orders, 1937.

One new licence was issued in respect of premises, plant and equipment for boiling waste food. Inspections have been carried out of all other such premises licensed by the Council to ensure that adequate maintenance is given.

RE-CONDITIONING AND MODERNISATION OF EXISTING HOUSES

The good work which this Council has achieved since 1959 in the Re-conditioning and Modernisation of older houses by the means of grant aid has continued during the year under review.

The following are details of schemes dealt with during 1963 :—

DISCRETIONARY GRANTS

| | |
|--|-------------|
| No. of applications received (dwellings) | 20 |
| No. of applications approved (dwellings) | 20 |
| Total approved expenditure | £14,700-4-9 |
| Total amount of Grants paid | £ 6,532-0-0 |
| Total number of Grants completed | 18 |

STANDARD GRANTS

| | |
|--|-------------|
| No. of applications received (dwellings) | 48 |
| No. of applications approved (dwellings) | 48 |
| Total approved maximum expenditure | £ 9,189-9-0 |
| Total amount of Grants paid | £ 4,568-0-0 |
| Total number of Grants completed | 38 |

The number of standard grants received were 6 more than in the previous year but there was a slight decrease in the number of discretionary grant applications dealt with. Nevertheless, it is very satisfactory to note that another 56 dwellings were provided with modern amenities.

Informal action during the year resulted in defects being remedied in 97 dwellings.

SLUM CLEARANCE.

During the year six houses were closed by the Council and undertakings accepted not to use the dwellings for human habitation.

Four dwellings were demolished during 1963, of these 2 were the subject of undertakings.

After reconditioning undertakings were withdrawn in respect of two dwellings.

Three dwellings which were on the Council's slum clearance list were reconditioned by the owners by informal action.

There is now a growing demand for cottages in the Rural District with the result that values have risen considerably. This means that each year more cottages are worth reconditioning and consequently the standard of housing in the Rural District is rising. Without doubt the Council can claim much credit for this as without piped water supply and sewerage this state of affairs would not have arisen.

APPENDIX 1.

PRINCIPAL CAUSES OF DEATH—ALL AGES—1963

| Disease | St. | Health | | | | | Area No. 7 |
|---|---------|----------|---------|----------|----------|------|------------|
| | Germans | Liskeard | Saltash | Torpoint | Liskeard | Looe | |
| | R.D. | R.D. | M.B. | U.D. | M.B. | U.D. | |
| Heart disease | 74 | 76 | 45 | 14 | 44 | 22 | 275 |
| Cancer (all sites) | 34 | 30 | 21 | 10 | 17 | 11 | 123 |
| Vascular lesions of nervous system (stroke) | 34 | 20 | 16 | 10 | 21 | 6 | 107 |
| Respiratory disease | 20 | 20 | 16 | 10 | 6 | 3 | 75 |
| Circulatory disease | 12 | 6 | 3 | 1 | 4 | — | 26 |
| Accidents | 6 | 2 | 2 | — | 2 | 1 | 13 |
| Suicide | 4 | 2 | — | 1 | 1 | — | 8 |
| Digestive disease | 3 | — | 1 | — | — | 2 | 6 |
| Genito-urinary disease | 1 | 4 | 1 | — | — | — | 6 |

APPENDIX 2.

TYPES OF HEART DISEASE AND CANCER CAUSING DEATH 1963

| Type of disease | St. | Health | | | | | Area No. 7 |
|---------------------------------|---------|----------|---------|----------|----------|------|------------|
| | Germans | Liskeard | Saltash | Torpoint | Liskeard | Looe | |
| | R.D. | R.D. | M.B. | U.D. | M.B. | U.D. | |
| Coronary disease, angina | 39 | 29 | 21 | 9 | 13 | 12 | 123 |
| Hypertension with heart disease | 5 | 5 | 2 | — | 3 | — | 15 |
| Other heart disease | 30 | 42 | 22 | 5 | 28 | 10 | 137 |
| Cancer of stomach | 3 | 6 | 3 | 2 | 6 | 1 | 21 |
| Cancer of breast | 8 | 2 | — | 3 | 1 | 1 | 15 |
| Cancer of lung and bronchus | 7 | 6 | 2 | 1 | 2 | 2 | 20 |
| Cancer of uterus | — | — | 3 | — | 1 | — | 4 |
| Other cancers | 16 | 16 | 13 | 4 | 7 | 7 | 63 |

APPENDIX 3.

DEATHS BY AGE GROUPS — 1963

| District | 0-4 years | 5-14 years | 15-44 years | 45-64 years | 65-74 years | 75 years & over | All Ages |
|-------------------|-----------|------------|-------------|-------------|-------------|-----------------|----------|
| St. Germans R.D. | 4 | 1 | 5 | 40 | 52 | 109 | 211 |
| Liskeard R.D. | 3 | — | 11 | 28 | 54 | 83 | 179 |
| Saltash M.B. | 4 | 1 | 3 | 22 | 29 | 56 | 115 |
| Torpoint U.D. | — | — | 2 | 9 | 12 | 28 | 51 |
| Liskeard M.B. | 1 | — | — | 14 | 25 | 62 | 102 |
| Looe U.D. | — | — | 2 | 9 | 13 | 24 | 48 |
| Health Area No. 7 | 12 | 2 | 23 | 122 | 185 | 362 | 706 |

APPENDIX 4.

TUBERCULOSIS
NEW CASES AND DEATHS IN HEALTH AREA No. 7 — 1963

| Age Group | New Cases | | Deaths | |
|--|-----------|---|--------|------|
| | M | F | M | F |
| 0—4 years | — | — | — | — |
| 5—14 years | — | 1 | — | — |
| 15—24 years | 1 | 2 | — | — |
| 25—44 years | 2 | — | — | — |
| 45—64 years | 1 | 4 | — | — |
| 65 years and over | — | — | 1 | — |
| | — | — | — | — |
| | 4 | 7 | 1 | — |
| | — | — | — | — |
| New case rate per 1,000 of population | 0.08 | | 0.14 | 0.22 |
| Mortality rate per 1,000 of population | 0.02 | | — | 0.02 |

CASE RATES AND MORTALITY RATES PER 1,000 OF POPULATION IN THE SIX COUNTY DISTRICTS IN HEALTH AREA No. 7

| District | New Cases | All known Cases at 31/12/63 | Deaths |
|-------------------|-----------|-----------------------------|--------|
| St. Germans R.D. | 0.07 | 3.73 | 0.07 |
| Liskeard R.D. | 0.15 | 4.05 | — |
| Saltash M.B. | 0.41 | 4.55 | — |
| Torpoint U.D. | — | 4.71 | — |
| Liskeard M.B. | 0.88 | 6.78 | — |
| Looe U.D. | 0.27 | 5.33 | — |
| Health Area No. 7 | 0.22 | 4.25 | 0.02 |
| Cornwall County | 0.36 | 5.17 | 0.08 |

APPENDIX 5.

CANCER OF THE LUNG AND BRONCHUS
DEATHS BY AGE GROUPS — 1963

| Age Group | Males | Females |
|-------------------|-------|---------|
| 45—54 years | 4 | — |
| 55—64 years | 6 | — |
| 65—74 years | 7 | 2 |
| 75 years and over | — | 1 |
| | — | — |
| | 17 | 3 |
| | — | — |

DEATH RATE PER 1,000 OF POPULATION — 1963

| | Males | Females | Total |
|-------------------|-------|---------|-------|
| Health Area No. 7 | 0.338 | 0.060 | 0.398 |
| Cornwall County | 0.305 | 0.091 | 0.396 |
| England and Wales | 0.441 | 0.078 | 0.519 |

APPENDIX 6.

FACTORIES ACT, 1961

This table is enclosed by a request of the Minister of Labour to indicate to Medical Officers of Health the prescribed particulars which are required by Section 153 (1) of the Factories Act, 1961, to be furnished in their Annual Reports with respect to matters under Parts I and VIII of that Act which are administered by the District Council. This table, which is not intended to supersede the fuller statement which is desirable in the text of the Report, should be attached as an annex to the Report.

**Annual Report of the Medical Officer of Health
in respect of the Year 1963 for the Rural District of Liskeard
in the County of Cornwall.**

Prescribed Particulars on the Administration of the Factories Act, 1961

PART 1 OF THE ACT

1—INSPECTIONS for purposes of provisions as to health (including inspections made by Public Health Inspectors)

| Premises (1) | Number on Register (2) | Number of | | |
|--|------------------------------|--------------------|---------------------------|--------------------------------|
| | | Inspections (3) | Written notices (4) | Occupiers prosecuted (5) |
| (i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ‡ | 33 | 30 | Nil | Nil |
| (ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority | 64 | 38 | Nil | Nil |
| (iii) Other premises in which Section 7 is enforced by the Local Authority ** (excluding out-workers' premises). | 60 | 80 | Nil | Nil |
| Total | 157 | 148 | Nil | Nil |

2—Cases in which DEFECTS were found.

(If defects are discovered at the premises on two, three or more separate occasions they should be reckoned as two, three or more "cases".)

| Particulars (1) | Number of cases in which defects were found | | Number of cases in which prosecutions | | |
|---|--|-----------------|--|-----------------------------|-------------------|
| | Found (2) | Remedied (3) | To H.M. Inspector (4) | By H.M. Inspector (5) | instituted (6) |
| Want of cleanliness (S.1.) | 4 | 4 | — | — | — |
| Overcrowding (S.2.) | — | — | — | — | — |
| Unreasonable temperature (S.3.) | — | — | — | — | — |
| Inadequate ventilation (S.4.) | — | — | — | — | — |
| Ineffective drainage of floors (S.6.) | — | — | — | — | — |
| Sanitary Conveniences (S.7.) | | | | | |
| (a) Insufficient | 4 | 4 | — | — | — |
| (b) Unsuitable or defective | 3 | 3 | — | — | — |
| (c) Not separate for sexes | — | — | — | — | — |
| Other offences against the Act (not including offences relating to Outwork) | — | — | — | — | — |
| Total | 11 | 11 | — | — | — |

- ‡ To prevent any differences between the lists kept respectively by the Local Authorities and H.M. Inspectors of Factories of the numbers of factories in which sections 1, 2, 3, 4 and 6 of the Factories Act, 1961 are enforced by Local Authorities, it is requested that Local Authorities should compare their lists of factories with the lists kept by H.M. Inspectors of Factories.
- ** i.e. Electrical Stations (Section 123(1)), Institutions (Section 124), sites of Building Operations and Works of Engineering Construction (Section 127), Slaughterhouses (Section 175 (1) (d) and (e)) and Railway Running Sheds (Section 175 (2) and (10)).

PART VIII OF THE ACT

Outwork

(Sections 133 and 134)

No outwork under these sections is carried out in the Liskeard Rural District

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